



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Stephan, Hagen

Club: Berlin
Number: 445

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:49:35

Speed: 9.86 km/h
Running performance: 5:55 min/km

Rank in course/Total: 177 (of 189)

Rank in course/Men: 151 (of 155)

Best time in course: 1:04:57

Rank in category: 26(of 26)

Best time in the category: 1:11:11